

Feeling Alone?

With Help Comes HOPE

FOR PREVIEW ONLY



CRISIS SUPPORT SERVICES
of Alameda County

You can talk to someone right now by calling or texting.
We're here to listen and help — and it's completely free and confidential.

1-800-309-2131 or 1-800-273-TALK (8255)



CRISIS SUPPORT SERVICES
of Alameda County

NATIONAL SUICIDE PREVENTION LIFELINE

Text keyword "safe" to 20121

4pm - 11pm daily (text message rates apply)



WELLNESS • RECOVERY • RESILIENCE

Photograph by: James Logan High
School student Pablo Mota

